

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE**

Appl No. : 10/737,018      **Confirmation No. : 5591**  
First Named Applicant : David Munson  
For : METHOD AND APPARATUS FOR PHYSICAL FITNESS  
TRAINING  
Filed : December 16, 2003  
TC/A.U. : 3764  
Examiner : Richman, Glenn E.  
**Customer No. : 23380**

**AMENDMENT AND RESPONSE**  
**TO RESTRICTION REQUIREMENT**

Mail Stop Amendment  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Sir:

The one month period for responding to the Restriction Requirement of January 25, 2007, expired on February 25, 2007. Accordingly, Applicant respectfully requests and petitions that the response date be extended one-month, up to and including, March 25, 2007. Payment of the \$60.00 extension fee for a small entity is transmitted herewith.

In response to the Restriction Requirement of January 25, 2007, please amend the above-identified application as follows:

**Amendments to the Claims** are reflected in the listing of claims which begins on **page 2** of this paper.

**Remarks/Arguments** begin on **page 7** of this paper.